



# Maryland State Department of Education Child and Adult Care Food Program

## MEAL PATTERN REQUIREMENTS: INFANTS

MEAL TYPE	Birth - 3 months	4 - 7 months	8 - 11 months
<b>BREAKFAST</b>			
Breast Milk or Infant Formula	4-6 fluid oz.	4-6 fluid oz.	6-8 fluid oz.
Infant Cereal		0-3 Tbsp. *	2-4 Tbsp.
Fruit or vegetable or both			1-4 Tbsp.
<b>SNACK</b>			
Breast Milk or Infant Formula	4-6 fluid oz.	4-6 fluid oz.	2-4 fluid oz.
<u>Or</u> 100% fruit juice in a cup			2-4 fluid oz.
Bread or Crackers (optional)			0-1/2 slice or 0-2 crackers
<b>LUNCH/SUPPER</b>			
Breast Milk or Infant Formula	4-6 fluid oz.	4-8 fluid oz.	6-8 fluid oz.
Infant Cereal		0-3 Tbsp.*	2-4 Tbsp. and/or a meat/ meat alternate
Fruit or vegetable or both		0-3 Tbsp.*	1-4 Tbsp.
Meat/Alternate			1-4 Tbsp. <u>Or</u> 1/2-2 oz. cheese

\* Only offer to infants if they are developmentally ready.

- Formula must be iron-fortified infant formula. The formula must be intended as the sole source of food for normal, healthy infants, and must be served in the liquid state at the manufacturer's recommended dilution.
- Cereal must be iron-fortified, dry infant cereal. Infant cereal is often mixed with breast milk or formula.
- Fruit juice must be full-strength.
- Bread or crackers must be made from whole-grain or enriched meal or flour.
- A meat/ meat alternate can be: meat, fish, poultry, egg yolk, cooked dry beans, dried peas, cottage cheese, cheese food, or cheese spread. **Nuts, seeds or nut butters are not allowed as a meat alternate.**